



Amabwiriza Agendanye no Gutanga Urukingo rwa COVID-19 Icyiciro cya 1b muri NH 5 Gashyantare, 2021

(impinduka zigaragara mu **ibara ry'umutuku**)

Leta ya NH ishishikajwe no kwihutisha ishyirwa hanze ry'urukingo rwa COVID-19 mu byiciro, nkuko bigaragara Gahunda yo Gutanga Urukingo rwa COVID-19 muri NH. Intego nyamukuru y'iyi nyandiko ni ukunganira ifatwa ry'imyanzuro ku birebana n'abaturage bari mu Cyiciro cya 1b cy'itangwa ry'urukingo. Amabwiriza arebana Icyiciro cya 1a yashyzwe hanze tariki ya 8 Ukuboza, hanyuma amakuru arebana n'icyiciro cyarangiye abonekamu Incamake ya Gahunda yo Gutanga Urukingo. Iyi nyandikoirka komeza guhinduka, kandi igendana n'impinduka, uko ubukana bw'urukingo ndetse n'amakuru ajyanye n'ubwirinzi amenyekana hamwe n'amabwiriza ku rwego rw'ighugu agenda avugururwa (urugero., amabwiriza ya ACIP). Iyi nyandikoi ikubiyemo:

- Incamake y'abaturage bari mu Cyiciro cya 1b
- Amahame ngenderwaho mu gufasha mu gufatwa ibyemezo ku bagomba gushyirwa mu Cyiciro cya 1b
- Umurongo ngenderwaho ku birebana no guhitamo ab'ingenzi muri aba baturage kuko hazaboneka doze zidahagije
- Ibisobanuro kuri gahunda yo gutanga urukingo mu buryo bungana ku kigero cya 10%

Icyiciro cya 1b: Ibyiciro ku Baturage

Ishami rya Leta ya New Hampshire Rishinzwe Serivise Rusange z'Abaturage (DPHS) rirakangurira gushyira amatsinda azafata inkingo mu Cyiciro cya 1b nkuko bigaragara mu mbonerahamwe iri hasi aha. Ku ikibitiro mu Cyiciro cya 1b, DPHS kandi izatanga 10% bya doze z'inkingo ziboneka ku bagizweho ingaruka kurusha abandi.

Abantu bafite cyangwa bari hejuru y'imyaka 65	Abafite ibibazo by'ubuzima Abantu bafite indwara za karande n'abafite ibyago byo gupfa, bafite indwara ebyiri cyangwa zirenze (reba <u>urutonde</u>) Abita ku bakuze n'abafite uburwayi buhoraho, bari munsi y'imyaka 16 (ntabwo bemerewe urukingo)	Abatuye ndetse n'abakozi b'in'yubako zagenewe abafite ubumuga bwo mu mutwe no ku mubiri	Abashinzwe abagororwa n'abakozi bakora mu bigo ngororamuco	Abakora mu buzima n'abahuguwe mu gutanda ubufasha bw'ibanze
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NH izatanga 10% by'inkingo mu buryo butangana ku Baturage Bagaragajwe ko Bazahaye kubera COVID-19 (CCVI)

I. Abantu bafite cyangwa bari hejuru y'imyaka 65: Ishami rya Leta ya New Hampshire Rishinzwe Serivise Rusange z'Abaturage (DPHS) rirasaba gukingira abantu bose bakuze bafite imyaka 65 ndetse n'abari hejuru yayo, kubera ko bibasirwa cyane na COVID-19 kandi irabahitana ku kigero cyo hejuru ugereranyije n'abakiri bato.

Igihe inkingo zibaye nke hanyuma ariko bikaba ngombwa bitewe n'uburemere bw'ikibazo, DPHS irasaba (ariko si ihame) ko abo mu nzego z'ubuyobozi baba aribo baherwaho mu bakuze bari mu cyiciro cya 1b, muri ubu buryo:

Hakingirwe:	Abafile indwara z'uruhurirane nyinshi mbere yo gukingira abafite nke
	Abafile n'abarengeje imyaka 75 mbere y'abafite hagati ya 65 na 74
	Abacumbitse mu nyubako nini/amacumbi rusange mbere y'abatuye mu nzu zihariye mu rugo
	Abafile ibibazo byo mu mutwe cyangwa/ndetse no ku mubiri bigaragara, byaturutse ku mabwiriza ya "Guma mu Rugo", bakabura uko basabana na bagenzi babo mbere y'abatarahuye n'ibi bibazo. ¹
	Abadafite ubushobozi bwo kudahura n'abantu bo hanze y'umuryango mbere y'ababufite
	Abataragaragarwaho na COVID-19 mu minsi 90 iheruka mbere y'abayigaragaweho muri iyo minsi 90 iheruka

II. Abafite Ibibazo by'Ubuzima: Ishami rya Leta ya New Hampshire Rishinzwe Serivise Rusange z'Abaturage (DPHS) rirasaba gukingira abantu bafite indwara z'uruhurirane ndetse bikabaviramo ibibazo bibashyira mu byago *bikomeye cyane* bigaragazwa no kugira ibibazo by'ubuzima bibiri cyangwa birenze bibongerera ibyago bwo kunegekazwa na COVID-19 cyangwa bikabaviramo urupfu. Icyitonderwa, uru si urutonde rw'ibibazo by'ubuzima, ikindi abatanga urukingo bagomba gukoresha imvugo yo kwa muganga idakomeretsa igaragaza abarwayi runaka bafite ibyago biri hejuru by'indwara za karande cyangwa urupfu biturutse kuri COVID-19 hashingiwe ku mabwiriza y'inyongera ari hano hasi.

Urutonde rw'ibibazo by'Ubuzima Bituruka ku Ndwara Karande (byahinduriwe muri CDC):

Icyiciro cya 1b: *Indwara imwe cyangwa nyinshi*

- Kanseri
- Impyiko za karande
- Indwara karande ishegesha imikorere y'ibihaha (COPD) ndetse n'izindi ndwara karande zikomeye zifata ibihaha
- Kudindira mu mikurire y'ubwonko ku mwana
- Indwara z'umutima, harimo kunanirwa gukora k'umutima, indwara ihagarika imikorere y'imitsi ijyana amaraso mu mutima, cyangwa
- Umubyibuho ukabije (ikigereranyo cy'ibiro 30 kuri metero cyangwa hejuru yabyo)
- Gutwita
- Indwara ishegesha uturemangingo tw'amaraso y'umutuku ntidukore
- Diyabete yo mu bwoko bwa 2

¹ Ibi byombi, gukingira COVID-19 ndetse no gukurikiza amabwiriza arebana n'[uburyo bwo kwirinda no kurinda abandi](#) will bizaguha ubwirinzi bwizewe mu kwirinda no gukwirakwiza COVID-19. Ni ngombwa ko buri wese akomeza gukoresha uburyo bwose buhari mu gufasha guhagarika iki cyorezo, nko kwambara agapfukamunwa/mazuru, gukaraba intoki kenshi, ndetse no guhana intera n'abandi byibura metero 2 ([CDC](#)).

indwara ifata imikaya y'umutima

- Indwara zibasira ubudahangarwa bw'umubiri

Icyitonderwa: Ishami rya Leta ya New Hampshire Rishinzwe Serivise Rusange z'Abaturage (DPHS) yemerera utanga serivise z'ubuzima kuvura umurwayi uwo ari we wese ugaragaza ko afite ibyago biri hejuru byo kuzahazwa n'icyorezo bitewe n'indwara za karande, nubwo butashiyizwe kuri kuri uru rutondeeve. Uru rutonde ntabwo bukubiye buri ndwara n'imterere yayo bishobora kongera ibyago by'umurwayi mu kuzahazwa bikabije na COVID-19, harimo n'abatagaragaza neza ibimenyetso (urugero., imiterere idasanzwe y'umubiri ku burwayi cyangwa urukomatane rw'imterere ku bibazo biterwa n'uburwayi).

Ibyifuzo bishiyizwe mu bikorwa (si amahame) birebana no kugaragaza abarwayi bafite ibyago byinshi byo kuzahazwa na COVID-19 ndetse n'urupfu hashingiwe ku bibazo by'uburwayi bikubiye mu rutonde bigamije guhitamo abagomba kwibandwaho mu Cyiciro cya 1b:

- **Kanseri:** Abarwayi ba kanseri ba vuba cyangwa cyangwa abaherutse kuyiuza aribyo bikomeje gutera ibyago biri hejuru byo kuzahazwa na COVID-19. Iki cyiciro ntikireba abakize indwara ya kanseri, nubwo baba bafite ibyago byo kongera kuyirwara, cyangwa abantu baturuka mu miryango cyangwa abo ibizamini byerekana ko bafite ibyago byinshi byo kurwara kanseri. Ikindi kandi, urukingo ruzahabwa mbere na mbere abafite kanseri cyangwa yo mu maraso, mbere yuko abafite kanseri y'uruhi baruhabwa.
- **Indwara y'impyiko ya karande:** Abarwayi bagaragaza ibimenyetso by'imikorere mibi y'impyiko, bigendana no kugira amazi mu mubiri arenze urugero n'imikorere mibi y'amaraso (urugero., umunyu wa karisiyumu uri ku kigero gito, imyunyu ya potasiyumu na fosifore iri ku kigero cyo hejuru), cyangwa se umurwayi akaba yarasanzwemo indwara y'impyiko ikamugeza kure, abahabwa amaraso- cyangwa abafashwa kuyungura amaraso yanduye. Turasaba ko abafite indwara ikabije y'impyiko bahabwa urukingo nyuma bitewe n'ibibazo by'uburwayi bugenda bugaruka (urugero., indwara ikomeye y'imyanda mu maraso).
- **Indwara karande ishegesha imikorere y'ibihaha(COPD) ndetse n'izindi ndwara karande zikomeye zifata ibihaha:** Abarwayi baba bafite imwe mu ndwara karande zibasira ibihaha(COPD), zirimo kubura umwuka ndetse n'igituntu gihoraho, cyangwa abafite indwara karande z'ibihaha zituma ibihaha bidakora neza zirimo nk'ituma ibihaha bigira ururenda rwinshi ntibikore, indwara zituma ibihaha bidakora umurimo wabyo wo kuyungurura umwuka ndetse na asima yaba iyoroheje cyangwa ikabije isaba imiti ya buri munsi. Habaye nta bundi burwayi karande afite, abafite indwara z'ibihaha, asima, abanywa itabi ariko bikaba nta ndwara izwi byabateye, guhumeka bigoranye, ndetse/cyangwa n'abasuzumwe indwara y'ibihaha ndetse n'ababirwaye ariko bashobora guhumeka, aba bazakingirwa nyuma.
- **Kudindira mu mitekerereze y'ubwonko:** Abantu bafite uburwayi bwo kudindira mu mitekerereze y'ubwonko (tirizonomi 21), hatitawe ku kigero ubumuga bwabo buriho. Kugeza ubu nta makuru n'imibare bihagije ku burwayi bwo mutwe bwaba ubumuga bwo kudindira k'ubwonko(urugero., ibimenyetso nkomatane by'indwara ya Edward [tirizonomi 18], cyangwa indwara yo mu mutwe yo kubura akanyangingo ka 5 [ibimenyetso nkomatane byo kutagira 5p], kubura umwuka ige umwana avuka (urugero., gukomereka ku gice cy'ubwonko ige umwana avuka), gukomereka umwana avuka (urugero., kunanirwa gukura k'uruti rw'umugongo ku mwana) cyangwa kuvuka umwana atuzuye mu bice by'umutwe cyangwa indwara ya Otisime. Bityo rero, DPHS risaba ko kwita kuri bene aba barwayi badafite ubushobozi bwo kwikorera ibikorwa byabo bya cyangwa bikaba bisana ubufasha bwhariye (urugero., icyuma kibafasha guhumeka, imiyoboro ibafasha mu gufungura). Twibuke ko abafite ibi bibazo by'ubuzima ari benshi, kandi abenshi muri bo ntabwo bafite ibyago biri hejuru ku cyorezo cya COVID-19.
- **Indwara zibasira umutima ndetse n'izindi ndwara zifata imitsi urwungano rw'amaraso ku mutima ndetse no ku bwonko:** Abarwayi basuzumwe indwara z'umutima (zirimo igabanyuka ku mikorere iboneye cyangwa kunanirwa gukora neza k'umutima), indwara ituma amaraso atagera neza mu mutima (urugero.,

uburwayi bw'imikaya y'umutima, anjine isanzwe cyangwa ikomeye, uburwayi bw'urwungano rw'amaraso mu gatuza ndetse n'umubiri wose) umutima wahawe inyunganirangingo, indwara ya gapfura n'izindi nyinshi. Harimo kandi n'abarwara ku buryo badashobora gukora imirimo yabo ya buri munsi. Abo bose barimo abavuwe bagakira, ab'indwara z'umutima zoroheje n'abandi bazabona urukingo bitinze.

- **Ubudahangarwa bw'umubiri bunaniwe:** Abarwayi bafite ubudahangarwa bw'umubiri bunaniwe biturutse ku kibazo cy'umusokoro cyangwa integer nke z'inyama zo mu nda, abarwayi ba sida, abafite uturemangingo duke mu mubiri wabo, cyangwa abantu bahawe umusokoro usimbura uwabo wari urwaye bagomba gukingirwa mbere y'abandi kubera ubudahangarwa bwabo buri hasi. Kugeza magingo aya, nta gihamya ihari ko abantu b'ubudahangarwa bw'umubiri buke bafite ibyago byinshi kubera gufata imiti itandukanye. Cyakora imwe muri iyi miti nka hydroxychloroquine, dexamethasone na tocilizumab byagaragaye ko ishobora guhangana na COVID-19.
- **Umubyibaho ukabije:** Ikigereranyo cy'ibiro 30 kuri metero cyangwa hejuru yabyo
- **Gutwita:** Abagore batwite, igihembwe icyo aricyo cyose baba barimo. Ntimuzahite mukingira abakimara kubyara (baba bonsa cyangwa batonsa) cyangwa abitegura kubyara.
- **Indwara yibasira uturemangingo fatizo tw'umubiri:** Abarwayi bafite iyi ndwara yibasira hemoglobin zrimo izizahaza uturemangingo fatizo n'ingirabika z'umubiri.
- **Diyabete:** Abarwayi bafite diyabete yo mu bwoko bwa kabiri busaba imiti iribwa mu rwego rwo koroshyia iyi diyabete iterwa no kugira isukari nke mu mubiri cyangwa kuringaniza umusemburo wa insiline. Imibare ni mike ku kuzahazwa na covid-19 ku bafite diyabete yo mu bwoko bwa mbere, ariko abo mu nzego z'ubuzima bashobora bo ubwabo gusesengura hanyuma bagashyira abarwayi ba diyabete yo mu bwoko bwa mbere mu Cyiciro cya 1b cy'ikingirwa bitewe wenda n'imiterere y'umubiri wabo n'abafite ibyago byinshi mu barwaye diyabete yo mu bwoko bwa mbere cyangwa ubwa kabiri. Turifuza ko abakigaragaraho diyabete batahita bahabwa urukingo cyo kimwe n'abarwaye diabete bahanuka kubyara.

Kugeza ubu, nta buryo bwo gukora urukingo rugenewe abantu bari munsi y'imyaka 16 buratangazwa. **Nyamara, abita ku bana bari munsi y'imyaka 16 mu miryango bya buri jyo, byagaragaye ko abana bitaho bafite ibyago byo kwandura Covid-19 cyangwa gupfa, bashobora gukingirwa mu cyiciro cya 1b kugirango bizatume batanduza abana bo mu miryango bitaho. Abana bari munsi y'imyaka 16 bafite ingorane z'ubuzima, bitabwaho n'abantu u miryango bazahabwa urukingo ariuko:**

1. Umwana ufilet ingorane z'ubuzima agomba kuba ari mu kato mu rugo, aho ababitaho aribo babanza kugerwaho na Covid-19 mu gihe bayanduye. Impamvu zo kugumishwa mu rugo ni izi:
 - a. Mu gihe muganga ukurikirana umuntu akeka ko ubuzima cyangwa uburwayi bw'umuntu bushobora kuzamba mu gihe bamusize mu rugo
 - b. Mu gihe hakenewe ubufasha bw'undi muntu cyangwa ibikoresho by'ubuvuzi bigasigwa mu rugo, cyangwa kuva mu rugo bikaba ari ingorabahizi;
2. Abita ku miryango aribo batanga serivisi z'ibanze kuri aba bana bari munsi y'imyaka 16
3. Abana bemerewe ubuvuzi butangwa n'abaganga bigenga(PDN) ndetse n'ubundi bufasha butangirwa mu rugo bukaba buri ku rwego rushimishije (LOC) hagendewe ku buryo uburwayi bw'umwana buhagaze.

*Twibuke ko kuba mu rugo kubera impamvu z'uburwayi, harimo kujya guhura na muganga yagutumyeho cyangwa gukora udukorwa duto hanze y'urugo.

Aba bantu bita ku bantu barwariye mu miryango, kugirango bashyirwe kuri gahunda yo gukingirwa, abavura abana babo bagomba kohereza impapuro z'isuzumwa kuri NH DPHS cyangwa bakanya kuri VAMS (ku bafite uko bagera ku rubuga rwa VAMS).

Mu gihe inkingo ari nke kandi hari impamvu zibyemeza, DHPS isaba ko abo mu nzego z'ubuyobozi baherwaho mu bafite ubuzima bunegekaye bari muri gahunda y'ikingirwa mu cyiciro cya 1b, ari bo:

Mukingire:	Abafite cyangwa barengeje imyaka 65 mbere y'abakiri bato
	Abafite indwara karande mbere y'abatazifite
	Abacumbitse mu nyubako nini/amacumbi rusange mbere y'abatuye mu nzu zihariye mu rugo
	Abadafite ubushobozi bwo kudahura n'abantu bo hanze y'umuryango mbere y'ababufite
	Abataragaragarwaho na COVID-19 mu minsi 90 iheruka mbere y'abayigaragaweho muri iyo minsi 90 iheruka

III. Abatuye ndetse n'abakozi b'inyubako zagenewe abafite ubumuga bwo mu mutwe no ku mubiri

Abakozi baba bahembwa cyangwa badahembwa ndetse n'abantu baba mu nyubako zituyemo abantu bafite ubumuga bw'ingingo n'ubwo mu mutwe bagomba guhabwa urukingo mbere muri iki cyiciro cya 1b bitewe n'uko bafite ibyago byinshi byo kwanduza abarwayi, bishobora no kubaviramo urupfu cyangwa uburwayi bukomeye, kubera ko aria bantu bahorana.

Mu gihe inkingo ari nke kandi hari impamvu zibyemeza, DHPS isaba ko abo mu nzego z'ubuyobozi baherwaho muri bano bantu bari muri gahunda y'ikingirwa mu cyiciro cya 1b, ari bo:

Mukingire:	Abafite cyangwa barengeje imyaka 65 mbere y'abakiri bato
	Abafite indwara karande mbere y'abatazifite
	Abacumbitse mu nyubako nini/amacumbi rusange mbere y'abatuye mu nzu zihariye mu rugo
	Abataragaragarwaho na COVID-19 mu minsi 90 iheruka mbere y'abayigaragaweho muri iyo minsi 90 iheruka

IV. Abashinzwe abagororwa n'abakozi bakora mu bigo ngororamuco

Abakozi bashinzwe abagororwa n'abandi bakozi bose (bahembwa cyangwa badahembwa) bagomba gukingirwa mu cyiciro cya mbere 1b, kuko 1) akazi kabu ahari ibyago byo kwandura SARS-CoV-2, 2) kuba bafite ibyago byinshi mu kwandurira indwara mu kigo, hanyuma 3) ibikorwa byabo nk'abahuguwe mu gutanga ubufasha bw'ibanze aha hantu.

Mu gihe inkingo ari nke kandi hari impamvu zibyemeza, DHPS isaba ko abo mu nzego z'ubuyobozi baherwaho muri bano bantu bari muri gahunda y'ikingirwa mu cyiciro cya 1b, ari bo:

Mukingire:	Abafite cyangwa barengeje imyaka 65 mbere y'abakiri bato
	Abafite indwara karande mbere y'abatazifite

	Abahura n'abaturage kurusha abadakunze guhura nabo
	Abakora amasaha menshi mbere y'abakora amasaha y'igice
	Abataragaragarwaho na COVID-19 mu minsi 90 iheruka mbere y'abayigaragaweho muri iyo minsi 90

V. Abakora mu buzima n'abahuguwe mu gutanga ubufasha bw'ibanze:

Mu gukomeza gushyira imbere Icyiciro cya 1a, abakora mu nzego z'ubuzima n'abahuguwe mu gutanga ubufasha bw'ibanze batahawe urukingo mu cyiciro cya 1a, bagomba gukingirwa mu Cyiciro cya 1b. Reba amabwiriza y'icyiciro cya 1a ku busobanuro bw'abakozi bemerewe gukingirwa mu cyiciro cya 1b..

Mu gihe inkingo ari nke kandi hari impamvu zibyemeza, DPHS isaba ko ubuyobozi bushobora gushyirwa imbere muri aba bantu mu cyiciro cya 1b, ari bo:

Mukigire:	Abafite cyangwa barengeje imyaka 65 mbere y'abakiri bato
	Abafite <u>indwara karande</u> mbere y'abatazifite
	Abahura n'abaturage kurusha abadakunze guhura nabo
	Abataragaragarwaho na COVID-19 mu minsi 90 iheruka mbere y'abayigaragaweho muri iyo minsi 90

Icyiciro cya 1b: Gushyiraho urukingo mu buryo bungana

Hakurikijwe ubusabe by'Ikigo k'Igihugu Gishinzwe Ubumenyi, Ubwubatsi n'Ubuuvi (NASEM), guhera mu cyiciro cya 1b, NH izatanga 10% by'inkingo mu bice byibasiwe cyane na COVID-19. DPHS izakora ibi:

- Kumenya abaturage binyuze mu Mubare w'Abaturage Bagarajwe ko Bazahajwe na COVID-19 (CCVI) ndetse n'ibarura rusange ry'Amerika
- Gukwirakwiza inking cyane hakoreshejwe site z'amavuriro ngandanwa
- Guhuza iri kwirakwizwa binyuze mu miyoboro rusange y'ubuzima ya NH ku ma site (1) zimenerewe kandi zishobora kugera ku baturage bateganjwe ndetse (2) ahantu hashobora korosha uburyo bwo kugenda n'amaguru cyangwa binyuze mu bwikorezi rusange igihe bubonetse.
- Mu kubanza gutanga urukingo ku bwoko bwa NH na / cyangwa imiryango mito hanarimo abandi baturage bazahaye, nk'abashyizwe mu kato aho batuye cyangwa abafite ibibazo by'ubukungu.
- Kubika urukingo rwo gukoresha mu kugera ku ntego muri utwo duce twakorewemo ibarura ige ari ngombwa.

Mu gihe inkingo ari nke kandi hari impamvu zibyemeza, DHPS isaba ko abo mu nzego z'ubuyobozi bahanwaho mu baturage bagaragajwe mu bagizweho ingaruka cyane, uko imibare ibigaragaza hashingiwe ku bwoko n'akarere baturukamo bakaba kandi bari mu cyiciro cy'ikingirwa cya 1b, ari bo:

Mukingire:	Abafite cyangwa barengeje imyaka 65 mbere y'abakiri bato
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	Abafile <u>indwara karande</u> mbere y'abatazifite
	Abatuye mu miryango irimo abantu benshi b'ibyiciro bitandukanye mbere y'abataba muri bene iyi miryango
	Abadashobora kubona ubuvuzi mu buryo bworoshye, uburyo bwo kugera ahari ubuvuzi na serivise z'ibanze ku buzima
	Abahura n'abantu benshi kuruta abadahura na bo
	Abataragaragarwaho na COVID-19 mu minsi 90 iheruka mbere y'abayigaragaweho muri iyo minsi 90
	Abadafite uburyo bwo kubona urukingo ruvuye ku barutanga cyangwa aho rubitse mbere y'abo byoroheye kurubona